



Recommended applicant training program

Applicant,

In an effort to help prepare you for the Tidewater Regional Fire Academy (TRFA), the Norfolk Fire- Rescue training staff has put together a health and fitness program that will help you arrive prepared.

****All applicants are encouraged to consult a physician before starting any exercise program.***

Here are a few tips before we get started:

1. **Evaluate** your own level of physical fitness. Are you in shape? Or is there room for improvement? You have the opportunity to improve yourself now.
2. **Hydration.** Start hydrating. Your hydration will play a major role in your performance at the T.R.F.A. Water is a must. Sports drinks that are low in sugar and replenish electrolytes are recommended, but they are not to replace your water consumption.
3. **Cardio.** Begin a running program. We will be running in the academy. If you are not a runner you can start by walking at least 30 minutes daily and building up to running. Included in this program is a recommended running program.
4. **Begin weight training.** Some sort of weight training is best. We will be doing a lot of calisthenics. Calisthenics are made up of a group of exercises that will utilize your body weight. Pushups, sit-ups, squats and pull-ups are recommended.
5. **Start eating right.** You must start to eat right now. Like hydration this will play a major role in your performance here. Stay away from greasy, fatty foods, and foods with empty calories.

This is a very physically demanding job. If you take the time to apply these five simple steps, you will be better prepared when you arrive to the T.R.F.A. Please take the time to read the following pages. They will provide you guidance on your journey to becoming a part of our team.

I have read the Norfolk Fire- Rescue fitness tips and plan to make every effort to implement them.

Print name: _____

Signature: _____

Recommended Training Program

The program outlined below is designed to improve your level of physical fitness prior to being accepted to Norfolk Fire- Rescue. Physical fitness is considered an important part of the well-being and health of all Recruits at the Academy. Remember to stretch before you exercise.

****All applicants are encouraged to consult a physician before starting any exercise program.***

Running:

This is a simple formula for a beginning (or re-starting) runner to go from no exercise to completing a 5K (and a little beyond). Note – A 5K is approximately 3.1 miles.

Running Level:

You will be required to complete a timed 1.5 mile during your first week at the Fire Academy. Therefore, we are going to build on that level of physical fitness that you come in with.

If you ran the entire distance, but have never run 3 miles before, then please skip to week 2 of the training program. Those of you who can already run 3 miles, remain on your own training program or use this program starting at week 7. Otherwise, if you had to walk at all during the 1.5 mile run, then you will need to start with Week 1.

Where to run:

Go to a local track because the distances are exact. If you do not have access to a running track then a GPS tracker on a phone or watch may work. Another option is to use <http://www.usatf.org/routes/> then click on create a route.

Here is a recommended running plan to better prepare yourself for the physical demands required during the Fire Academy.

Week 1:

Day 1 and 3 –

Start with a 5 minute warm up walk, then alternate walking and jogging and walk only half the distance of each jog, as follows:

- Jog 1/4 mile (one lap) then
- Walk 1/8 mile (1/2 half lap)
- Jog 1/2 mile (2 laps)
- Walk 1/4 mile (1 lap)
- Jog 1/4 mile (1 lap)
- Walk 1/8 mile (half-lap)
- Jog 1/2 mile...go home

Day 2 – Run as far as you can without stopping and log that distance.

Day 4 – Cross-training, bike, swim, elliptical for a minimum of 30 minutes.

Week 2:

Day 1: Brisk 5 minute warm up walk, then:

1/2 mile jog, 1/4 mile walk, 1/2 mile jog, 1/4 mile walk, 1/2 mile jog. total 2 miles. go home

Day 2: 5 minute warm up, then: 3/4 mile jog (3 laps) 1/2 mile walk (2 laps) 3/4 mile jog. total 2 miles. go home.

Day 3: 5 minute warm up then: 2 mile jog (8 laps) NO WALKING!!! Catch your breath and go home.

Day 4: Cross-training, bike, swim, elliptical for a minimum of 40 minutes.

Day 5: Repeat Day 2.

Week 3:

Day 1: warm up, then: 1/2 mile jog, 1/4 mile walk, 3/4 mile jog, 1/4 mile walk, 1/2 mile jog: total 2 1/4 miles. go home.

Day 2: warm up, then: 1 mile jog (4 laps) 1/4 mile walk, 1 mile jog. total 2 1/4 miles. go home.

Day 3: warm up, then: 2 1/4 mile jog (9 laps) NO WALKING!

Day 4: Cross-training, bike, swim, elliptical for a minimum of 40 minutes.

Day 5: Repeat Day 3

No more walking programmed into the workout, time to run the whole distance. If you absolutely have to, then take a break and walk. However, by now you should be able to run 2.5 miles.

Week 4:

Warm Up! Then jog 2.5* miles 4 to 6 days. * Looking back, see how easy weeks 1 & 2 were?*

Week 5:

Warm Up! Then jog 2* miles 4 to 6 days. (*Yes, cut back, let your body consolidate its gains).

Week 6:

Warm up! Then a 3 mile jog. You are ready for a 5K for fun. If you like, races are a great way to motivate all runners. Here's your weekly 'Stay in Shape' schedule.

Day 1: 3 miles
Day 2: 2.5 miles
Day 3: 3 miles
Day 4: 2.75 miles
Day 5: 3 miles

Week 7:

Day 1: 3 miles
Day 2: 3 miles
Day 3: 4 miles
Day 4: 3 miles
Day 5: 4 miles

Week 8:

Day 1: 3 miles
Day 2: 3 miles
Day 3: 4 miles
Day 4: 3 miles
Day 5: 4 miles

Week 9:

Day 1: 4 miles
Day 2: 3 miles
Day 3: 5 miles
Day 4: 4 miles
Day 5: 5 miles

Week 10:

Day 1: 4 miles
Day 2: 3 miles
Day 3: 5 miles
Day 4: 4 miles
Day 5: 5 miles

Week 11:

Day 1: 5 miles
Day 2: 4 miles
Day 3: 5 miles
Day 4: 6 miles
Day 5: 5 mile

Week 12:

Day 1: 5 miles
Day 2: 4 miles
Day 3: 5 miles
Day 4: 6 miles
Day 5: 5 miles

Calisthenics

Calisthenics are made up of a group of exercises that will utilize your body weight. Those exercises include Pull-ups, Push-ups, Sit-ups, Planks, Squats, Lunges, Crunches and many others. All workouts below should have one rest day in between. Do not perform these workouts two days in a row. On opposite days just run and warm up properly. Below is an example of a workout that can be performed 3 times a week and should assist with your strength in these areas. If you are unsure of the proper technique for any of these exercises, then please consult a personal trainer.

Pull-ups – if you can do one or two then perform the rest assisted or perform them assisted in the first place if you can't do any at all. After 3-6 months of training you should be able to increase your strength in this area. Assisted pull-ups can be done using a weighted pull-up machine or you can have a friend hold the lower part of your legs, while you perform a pull-up.

Regular Standard Pull-Up

<http://www.bodybuilding.com/exercises/detail/view/name/pullups>

Assisted Pull-Ups

<http://www.youtube.com/watch?v=SluqGShKncc&feature=fvwrel>

<http://www.youtube.com/watch?v=9HHZAnKFD-U>

Push-Ups – similar to pull-ups these are a great workout for providing muscular endurance and this is an exercise that is utilized extensively during the academy. Pull-Up techniques are shown below at the following link websites. This exercise is also used during recruit physical fitness testing. Focus on performing push-ups as often as possible. My recommendation for training is to perform as many as you can in regular format and then drop to your knees and do as many as you can. You will get stronger over time.

Regular Standard Push-Up

http://www.youtube.com/watch?v=Eh00_rniF8E

Assisted Push-Ups

<http://www.youtube.com/watch?v=q49jnZo81nM&feature=fvwrel>

Sit-Ups

There are many exercises used to improve abdominal fitness. In the academy Sit-Ups are used during fitness testing. However, attached will be several examples to improve your abdominal fitness. These exercises are great for improving overall core strength.

Regular Sit-Up

<http://www.youtube.com/watch?v=VndDWO5Zkas>

Crunches

http://www.youtube.com/watch?v=Xyd_fa5zoEU

Planks

<http://www.youtube.com/watch?v=pSHjTRCQxlw>

Squats

This exercise will increase strength for three major muscle groups: glutes, hamstrings, and quadriceps. Proper squat technique is essential to get the full benefit of this exercise.

When performing the squat avoid knees going in front of toes. Pretend you are going to sit in a chair.

<http://www.youtube.com/watch?v=QKKZ9AGYTi4>

Lunges

Designed to increase strength in the same locations as the squat but it isolates each leg. You should perform this exercise with feet shoulder width apart and do not allow knees to go in front of toes. Below is the proper lunge technique.

<http://www.youtube.com/watch?v=Z2n58m2i4jg>

Perform this workout routine about 3 to 4 times a week. First start with the dynamic warm-up exercises that are described in the dynamic warm-up section of this handout.

3 Rounds

5 to 10 Pull-Ups

20 Crunches

20 Sit-Ups

20 Push-Ups

20 Squats

10 Lunges each leg

30 second plank

So you will do one round of everything listed above, take a 1 minute rest and then do round 2. Take a 1 minute rest and then perform round 3. As you get stronger increase the rounds and increase the number of reps!

PLEASE use this as a guide to help physically prepare yourself for the Fire Academy. Remember it is your responsibility to consult with your physician before participating in any type of physical activity.